

AMENDMENT
Appln. No. 10/686,353
Docket No. 066491-00007

AMENDMENTS TO THE CLAIMS

1. **(Currently Amended)** An insole comprising: an insole material; a first elastomeric pad attached to the insole material and positioned to contact a metatarsus section of a foot; ~~and~~ a second elastomeric pad attached to the insole material and positioned to contact a heel portion of a foot; the first and second pads being horizontally distinct from one another~~[[,]]; and the first and second pads each pad having a rebound rate; and property~~, the rebound ~~rate~~ of the first pad differing from the rebound ~~rate~~ of the second pad.
2. **(Currently Amended)** The insole of claim 1 wherein the first pad elastomer has a rebound ~~rate~~ ranging from 5.0% to 90.0%.
3. **(Currently Amended)** The insole of claim 2 wherein the second pad elastomer has a rebound ~~rate~~ ranging from 1.0% to 40.0%.
- 4-5. **(Cancelled)**
6. **(Currently Amended)** The insole of claim ~~5~~ 1 wherein the first pad elastomer has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.
7. **(Original)** The insole of claim 6 wherein the second pad elastomer has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.
8. **(Currently Amended)** The insole of claim ~~5~~ 1 wherein the first pad elastomer has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.

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9. **(Currently Amended)** The insole of claim 8 wherein the ~~first~~ second pad elastomer has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.

10. **(Cancelled)**

11. **(Currently Amended)** The insole of claim ~~10~~ 3 wherein the first pad rebound ~~rate~~ is greater than the second pad rebound ~~rate~~.

12-14. **(Cancelled)**

15. **(Currently Amended)** The insole of claim ~~14~~ 11 wherein first pad has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.

16. **(Original)** The insole of claim 15 wherein the second pad has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.

17. **(Currently Amended)** The insole of claim ~~14~~ 11 wherein first pad has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.

18. **(Currently Amended)** The insole of claim 17 wherein ~~first~~ second pad has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.

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19. **(Original)** The insole of claim 1 wherein the insole has a lower surface and at least a portion of at least one of the pads forms part of the lower surface of the insole.

20. **(Original)** The insole of claim 1 wherein the insole has an upper surface and at least a portion of at least one of the pads forms part of the upper surface of the insole.

21. **(Original)** The insole of claim 1 wherein the insole has an upper surface and a lower surface and at least one of the pads extends from the upper surface of the insole to the lower surface of the insole.

22. **(Original)** The insole of claim 1 wherein the insole has an upper surface and a lower surface and at least one of the pads is disposed between the upper and lower surfaces of the insole.

23. **(Original)** The insole of claim 1 wherein the insole includes at least two layers and at least a portion of a pad is disposed between the upper and lower layers.

24. **(Currently Amended)** The insole of claim 1 wherein at least one of the first and second pads is comprises a gel.

25. **(Original)** The insole of claim 1 wherein the first and second pads are carried by a carrier.

26. **(Original)** The insole of claim 25 wherein the carrier is at least partially formed of a material selected from a group consisting of a gel, a foam, an elastomer, leather and cloth.

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27. **(Original)** A shoe sole comprising: a shoe sole material; a first elastomeric pad positioned in the sole material in an area corresponding to a metatarsus section of a foot; and a second elastomeric pad positioned in the sole material in an area corresponding to a heel section of a foot; the first and second pads being horizontally distinct from one another[,]; and the first and second pads each pad having a rebound rate; and property, the rebound ~~rate~~ of the first pad differing from the rebound ~~rate~~ of the second pad.

28. **(Original)** The sole of claim 27 wherein the first pad has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.

29. **(Original)** The sole of claim 28 wherein the second pad has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.

30-31. **(Cancelled)**

32. **(Currently Amended)** The sole of claim 31 wherein the first pad has a rebound ~~rate~~ ranging from 5.0% to 90.0%.

33. **(Currently Amended)** The sole of claim 32 wherein the second pad has a rebound ~~rate~~ ranging from 1.0% to 40.0%.

34. **(New)** The insole of claim 1 wherein the insole material is a composite material.

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35. (New) The sole of claim 27 wherein the shoe sole material is a composite material.
36. (New) The sole of claim 27 wherein the shoe sole material is a composite material.
37. (New) The sole of claim 27 wherein the first pad rebound is greater than the second pad rebound.
38. (New) The sole of claim 27 wherein the first pad has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.
39. (New) The sole of claim 28 wherein the second pad has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.
40. (New) The shoe sole of claim 37 wherein the first pad elastomer has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.
41. (New) The shoe sole of claim 38 wherein the first pad elastomer has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.